

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30am Men's Coffee 10:00am Strong for Life 1:30pm Train Dominos 1:15pm Hand & Foot 1:15pm Saga 🏠 1:30pm Crochet Club 1:00pm Tech Help 4:00pm Mystery Monday	3 9:30am Men's Coffee 10:00am Crochet 101 10:30am Corn Hole 10:30am Line Dancing 1:00pm Pinochle 1:00pm Woodcarving 1:30pm Open Painting Salon	4 9:30am Men's Coffee 10:00am Write Your Life 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Crochet Club 1:30pm Bunco 1:30pm Let's Talk: Forgiveness & Reconciliation	5 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 11:00am BP Checks 1:00pm Pinochle 1:30pm Mah Jong 101 2:30pm Self-Care Conversations	6 9:30am Men's Coffee 11:00am Chair Yoga 1:15pm Bingo 1:30pm Model Makers
9 9:30am Men's Coffee 10:00am Strong for Life 1:30pm Train Dominos 1:15pm Hand & Foot 1:15pm Saga 🏠 1:30pm Crochet Club 1:00pm Tech Help	10 9:30am Men's Coffee 10:00am Crochet 101 10:30am Corn Hole 10:00am T.V. Quilt Guild 1:00pm Pinochle 1:00pm Woodcarving 1:30pm Open Painting Salon	11 9:30am Men's Coffee 10:00am Write Your Life 1:30pm Mah Jongg 1:30pm Crochet Club 1:30pm Bunco	12 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 1:00pm Pinochle 1:30pm Mah Jong 101 2:30pm Self-Care Conversations	13 9:30am Men's Coffee 11:00am Chair Yoga 1:15pm Bingo 1:30pm Model Makers
16 9:30am Men's Coffee 10:00am Strong for Life 1:30pm Train Dominos 1:15pm Hand & Foot 1:15pm Saga 🏠 1:30pm Crochet Club 1:00pm Tech Help	17 9:30am Men's Coffee 10:00am Crochet 101 10:30am Corn Hole 10:30am Line Dancing 1:00pm Pinochle 1:00pm Woodcarving 1:30pm Open Painting Salon	18 9:30am Men's Coffee 10:00am Write Your Life 12:00pm Medicare Counseling (SHIBA) 12:30pm Bridge 1:30pm Mah Jongg 1:30pm Crochet Club 1:30pm Bunco	19 9:30am Men's Coffee 10:00am Strong for Life 11:00am Ladies' Coffee 11:00am BP Checks 1:00pm Pinochle 1:30pm Mah Jong 101 2:30pm Self-Care Conversations	20 9:30am Men's Coffee 11:00am Chair Yoga 1:15pm Bingo 1:30pm Model Makers
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30 9:30am Men's Coffee 10:00am Strong for Life 1:30pm Train Dominos 1:15pm Hand & Foot 1:15pm Saga 🏠 1:30pm Tech Help 1:30pm Crochet Club	31 Halloween 9:30am Men's Coffee 10:00am Crochet 101 10:30am Corn Hole 1:00pm Pinochle 1:00pm Woodcarving 1:30pm Open Painting Salon	<div>October 2023</div> <div>21907 SW Sherwood Blvd. Sherwood, OR 97140 503-625-5644</div>		

Let's Talk: Aging

Wednesday, October 4th, 1:30pm

Let's Talk offers a setting for open, honest, and facilitated discussion on topics unique to people over the age of 60. These interactive conversations provide a forum for discussion as well as an opportunity to explore new possibilities, resources, and connection. In partnership with Cascadia Health. Call 503-625-5622 or stop by the front desk to register.

Throughout our lives we are fortunate to have friends and family with whom we share our experiences, both happy and difficult. However, these relationships can sometimes fade and break. What if we rethought our feelings and worked toward forgiveness and reconciliation? What if we could reconnect with those we have lost and ask, "Why did it take so long?"



Mystery Monday for October

Shrines of Gaiety
by Kate Atkinson

The notorious queen of the 1926 glitzy underworld of gangsters and government is Nellie Coker. Success breeds enemies, and Nellie's empire faces threats from without and within. For beneath Soho's gaiety, there is a dark underbelly, a world in which it is all too easy to become lost.

Discussion: Nov. 4th at 4pm

See flier for more info on the book club and upcoming book selections.



October 2023

Fall Prevention

Let's talk about concussions, fall risks, medication interactions, home safety, nutrition, exercise, and more so we can try to minimize your risks of possible life-changing injury.

October 3rd
10:30am



SHIBA Medicare Open Enrollment

Wednesdays 10/15 - 12/7 11am - 2pm

Make an appointment with Senior Health Insurance Benefits Assistance volunteers to help you understand what Medicare plans are available and learn what plans might be best for your individualized needs. Appointments will take place at the Marjorie Stewart Senior Community Center but please call 1-855-673-2372 to schedule an appointment and learn what information to bring with you to your appointment.

Sherwood Constituent Coffee

Join in the conversation with

Rep. Courtney Neron

Join us on

Saturday, October 7, 2023

12pm - 1pm

Marjorie Stewart Senior Community Center
21907 SW Sherwood Blvd, Sherwood OR



21907 SW SHERWOOD BLVD SHERWOOD, OR 97140
503-625-5644.



5 Things to Do at the MSSCC in October

1. Fall Prevention (See above)
2. Line Dancing (10/3 & 10/17)
3. Town Hall w/ State Rep (10/7)
4. Let's Talk (10/4, 1:30pm)
5. Model Makers (9/29, 1:30pm)

